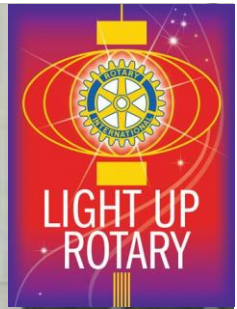


The Rotary Club of West Pennant Hills and Cherrybrook

Club Bulletin

Volume 28

Issue No. 32, 13th April 2015



Monday 13th April

Pre-Anzac – Peter Sweeney

Monday 20th April

Club Assembly

Monday 27th April

Frontier Services – Help for Outback NSW

Duty Roster

Next Meeting – Monday 13 April		Following Meeting – Monday 20 April	
Speaker Host	Steve Baker	Speaker Host	n/a
Night Reporter	Roslyn Savio	Night Reporter	Carol Russell
Front Desk	Ian Roberts	Front Desk	Ian Roberts
Front Desk	Colin McGowan	Front Desk	Brian Furrer
Steward	Gino Savio	Steward	Nick Chuah
Steward	Stan Baseley	Steward	Tony Makin
Photographer	Ross Ballinger	Photographer	Ross Ballinger

Inside This Issue

President's Report	Night Report	Club Program
Weekend Away – Bateman's Bay	Humour	

Upcoming Events

April 08 Board Meeting at Coote's	April 11 International Planning meeting – Cawas's
April 14 Garage Sale planning meeting	April 18 Friendship Dinners commence
April 26 Bunnings BBQ - Dural	May 8 Ronald McDonald dinner preparation

Meetings

Monday 6.30pm for 7.00pm – Springfield House – 245 New Line Road, Dural. <http://www.rotarydistrict9685.org.au>
Rotary Club of West Pennant Hills and Cherrybrook Inc. PO Box 103 West Pennant Hills 2125 Australia

APOLOGIES: If you are unable to attend or are bringing a guest (even if they are your partner) you must notify Jilda.
Phone 9439 1422 or email accounts@lhogroup.com.au before 11am on the day of the meeting.

****If you are expected and do not show you may be required to pay for the meal****

President's Report – 16th March 2015



**“First impressions LAST
Last impressions LAST the LONGEST”**

Well I had never really thought of this before in this context, but it seems pretty reasonable to me. I know that, over the years in my work and in all the training I have received and delivered, the word has always been in presentations and meetings **“Always END on a HIGH note”**. We also hear it as “Always leave them wanting more”.

I think it is a really good thing to strive for. So often, a meeting, an encounter, a presentation, ends on a down note.

It doesn't have to be that way. All it takes is a little thought.

What will I say...What will I do at the end to make it positive and, for those who I am with, looking forward to the next time?

This weekend will see the culmination of months of hard work by many of our members and partners in making the “Giant Book Sale” happen.

How will we end it?

What will we say to each other when it finishes?

I know that we will all be tired, maybe a bit on edge, but knowing the above, we will most likely say something positive, something thankful, something uplifting. It will be a great event, I just know it.

I cannot end this report without an enthusiastic comment about the Conference we just had in the Hunter at the Crowne Plaza. It was really great.

A great location, great agenda, great speakers and a flawless execution.

The most important thing I would like to say all is that these Rotary conferences are so uplifting. I get that required injection of good stuff that reminds me of how great Rotary is and what a great job is done by so many in

Doing good in the world.

If you have not been to a Rotary Conference, make a decision to go to next year's conference in Canberra. It will be a beauty, I can assure you.

Have an incredible week.

Barry

Night Report – 23rd Mar 2015

After the Rotary Prayer and Toast, the Sergeant requested Colin Sharpe light the candle. President Barry introduced the guest speaker, Lee Ussher whose subject was “Surviving Facebook and Twitter.” This was in response to a request earlier in the year by Tony Makin. Barry then welcomed Thomasina, Helen, Jill, Pamela, Margaret and Janette.

Maxx then reported on recent events, but concentrated on the great experience at the recent District Conference. This was followed by David Turnbull reporting on the District Conference. President Barry then presented this week’s motto: -

“First impressions last, but, last impressions last longest.”

In line with the theme of the night Margaret McGowan had organised an excellent display of communications that were in vogue at a time well before the arrival of the internet.

Margaret regaled us with a 1941 advertisement from a Robert Lord, who was offering body parts – teeth.

Andrew Little spoke about the need for assistance with the upcoming Book Fair. In particular he was looking for sorters prior to the Fri-Sat event. Members were advised to park in Casuarina Drive to allow customers access via the Church carpark.

Colin Sharpe gave advance notice of Pride of Workmanship on 11th May. Colin has four candidates. Colin also indicated that the second round of Friendship Meals will start in the near future. (28 participants)

Stan indicated that Anne Turner is back at home, and travelling to Mt Wilga for physiotherapy.

Barry reported that the PRT had recently held a successful High Tea, organised by Pamela Makin. Barry also indicated that Stan would have short visit to hospital.

Rosemary Clarke sought assistance in finding a stand-in to take her place at the upcoming District Assembly. Max Henderson volunteered.

Steve Baker then introduced Lee Ussher. Lee is the founding director of Buzz Web Media. She has a background in teaching – specialising in Curriculum Development. While at St Gabriel’s Lee took part in a UNSW pilot – Instant Downloadable Resources. This commenced her change of direction into Social Media/Website development.

Lee outlined the usage of genre like Facebook, Linked-In, Twitter and Pinterest. She did not get far before being bombarded with questions, which she answered with good grace. It is fair to say Lee only scratched the surface of the Social Media phenomenon, however, this is a reflection of audience awareness rather than her extensive knowledge.

Two items of interest:

- Her daughter does not use email, all of her interaction is via social media.
- The use of a demographic advertisement covering a radius of 25 km in Facebook to promote events like Book Fair. (\$1/day)

In all, an excellent presentation.

Pres Barry then sought Club approval to support Vanuatu by supplying \$1,000 via Miriam Jacka. Meeting closed after the usual Raffle and Heads & Tails.

Keith



Conference – “Roaring 20s”



Weekend Away – Bateman's Bay – xx May 2015

May 16 & 17 Weekend Away – BUS TOUR.

Must have final numbers by End of Feb + \$50 Deposit per person

Full cost \$340/pp shared + \$45 single

Great chance to experience a Friendship Event that includes

- Batemans Bay and Twilight Dinner Cruise
- Illawarra Fly Treetop Walk
- Kangaroo Valley, Ulladulla
- Mogo Township, Mogo Zoo, Berry



BowelCare 2015 – Celebrating 25 years!

Pharmacy Sales: Saturday 18th April to Saturday 27 June 2015 (10 weeks)

As a BowelCare supporter club in past years we would like to inform you of changes to our future Programs. We are very pleased to announce that BowelCare 2015 – our 25th year of service in the community – will see the introduction of a new bowel screening test kit.

Throughout Australia, Rotary has chosen to update to the latest technology to screen for occult blood using a Faecal Immunochemical Test (FIT).

The Australian made brush-based test is very easy to use, requires no faecal samples, and there are no dietary or medication restrictions. Participants only need to take two samples from two separate days.

When participants complete their test they will mail the sample card back to the pathology laboratory in the pre-addressed envelope provided with the kit. Results are received within 14 days.

Sales Period and Cost of Kit:

- With the introduction of our new kit we have extended pharmacy sales from 4 weeks to 8 weeks so as to give participants more time to take up this new program.
- *All Rotary kits throughout Australia will be sold for \$15.00 each.* This price covers pathology testing and notification of results to *both the participant and their nominated Doctor.*

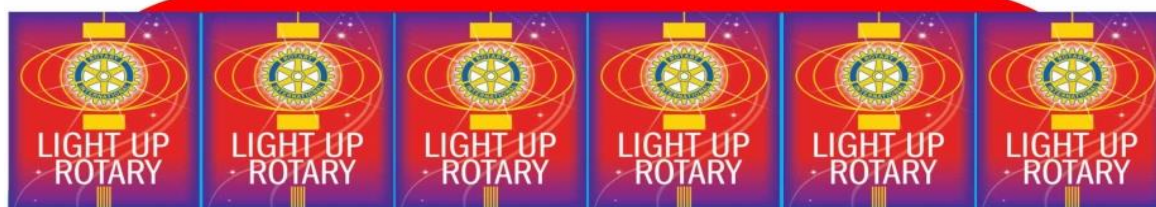
As in the past, I will be responsible for collecting program stock (from Murray Farm Primary School) and delivering same to their club's nominated pharmacies just prior to commencement of the program. Again at the end of the program I will be required to collect all unsold kits and sale proceeds and return same to BowelCare (Murray Farm Primary School).

With this new kit, participating pharmacies will no longer have a pathology collection bin for completed test kits. *Consequently coordinators will not at any time during the program be required to take kits for testing to pathology.*

At BowelCare we do appreciate your dedication and support and we believe Rotary's decision to adopt a new kit will simplify the program for all involved.

Our Club will be promoting the kits at Cherrybrook Village Shopping Centre on Thursday 14th May, Saturday 30th May and Saturday 13th June. I will be looking for volunteers and organising the roster in early May.

Barry Lambert



**District Governor Ian Scott &
District Governor Elect Gina Growden**

Have much pleasure in
Inviting you to Rotary International District 9685's

District Changeover

27th June 2015 at 6pm for 6.30pm.

Hornsby RSL, 4 High Street Hornsby

Cost \$50 per head

Please register on line at : <http://changeover.rotarydistrict9685.org.au/>

By 17th June 2015



Australian Turkish Musical Ensemble – 18 April 2015

Australian Turkish Music Ensemble (ATME) presents a musical event with real human stories of the Gallipoli Campaign from both Turkish and Australian perspectives with music from that era.

Through music and stories, you will witness the human sacrifice, hardship, friendship, longing for loved ones at home and contrasting moods from both sides of the conflict.



18 APRIL 2015, Saturday 7:45pm
Concourse Theatre, Chatswood

TICKETS ON SALE NOW
Ticketek.com.au Ph: 132 849
Concourse Chatswood Box Office

“Our aim is to make the audience feel, even if momentarily, the humanity, grief, patriotism and loss, as lived by those in this war.” ATME Musical director, Fikret Öztaş

“A once in a lifetime opportunity to experience the emotions, sacrifices, mateship and human stories along with music from both sides of the confrontation.” Turkish News Weekly

Australian Turkish Music Ensemble presents this truly unique and captivating musical event for commemoration of 100th Anniversary of the Gallipoli Campaign with its orchestra, choir and soloists. Come and join us on this musical journey to 1915 Gallipoli where MEHMET's and JOHNNY's met very first time. This never to be repeated concert is a unique opportunity to discover the human spirit within the bloody battles of 1915.

Against all the atrocities of war, a worthy foe has proven to be an even greater friend.
Now and for all the time, we will remember them. Lest we Forget.

Kind Regards, Alev Guven, President, Australian Turkish Music Ensemble Inc.

Parra-Amble

CHECK OUT THE WEB SITE.....
WWW.PARRA-AMBLE.ORG


A Celebration of the Anzac Spirit!

Rotary

CONTACT : TERRY DAVIES
 AUSTRALIAN ROTARY HEALTH
 0412229994 or 02 88338338.

100 YEARS OF ANZAC THE SPIRIT LIVES 2014 - 2018

The Spirit of ANZAC was suggested by official war historian C.E.W. Bean to have 'stood, and still stands, for reckless valour in a good cause, for enterprise, resourcefulness, fidelity, comradeship and endurance that will never own defeat.' The Spirit was epitomised in the deeds of Simpson with his donkey at Gallipoli - comradeship, courage and sacrifice: others before self. It also encompasses the laughter, the pride and the love of life that is in every Australian. To really understand this Spirit one must delve back into our country's past.



ANZAC PARRA-AMBLE

Australian Rotary Health
www.australianrotaryhealth.org.au

ANZAC PARRA-AMBLE
 RAISING FUNDS FOR HEALTH RESEARCH




SUNDAY 24 MAY 2015

Question: What was the complement (number of crew members) of HMAS Parramatta I?

Memorial to the Men of the HMAS Parramattas
 Originally at the Parramatta Bowling Club, Parramatta Park, this memorial is now at Queens Wharf Reserve near the location of the other HMAS Parramattas. On the 23 November, 1986 the memorial was rededicated together with a memorial service for the men of HMAS Parramatta II.


What is the ANZAC Parra-Amble?
 It's a discovery walk to answer questions around Parramatta by visiting all the sites with reference to 1915 and the aftermath of the Great War in celebration of 100 years of the Anzac Spirit! Parramatta City Council and Australian Rotary Health have the opportunity to celebrate the ANZAC SPIRIT in the MODERN ERA!



"PRO TANTO QUID RETRIBUEMUS"

The Royal Gate at St John's Cathedral bear the latin quote "PRO TANTO QUID RETRIBUEMUS". Thousands of people walk past this monument each day in the Parramatta Mall without knowing that it is asking the question about the list of the deceased

"In return for so much, what shall we give back?"



PARRAMATTA CITY COUNCIL

AMBLE DAY

- Turn up at Parramatta Town Hall at 9:30 am for check-in and registrations.
- When told, SMS the word "GO" to 0488 7 AMBLE (0488 726 253)
- You will get an SMS answer giving your first COMPULSARY Checkpoint and that your three hours have started. Report this to an official at the Start and you will be given your Checkpoint Clue Sheet.
- Use the map on the other side to find where this checkpoint is located.
- At this Checkpoint the Team Captain will be given a Checkpoint Challenge card with a multiple choice question to be answered.
- Immediately you have decided on the answer, SMS it to 0488 7 AMBLE.
- You will receive an SMS back telling you if you have the right answer, how many points you have scored and the Ambling time left.
- Then you can head for the next Checkpoint of your choice from the Clue Sheet - take a minute to plan the most effective sequence.
- Once you have finished return to the Town Hall for entertainment and prize giveaways.

HOW TO DO IT

When you have the answer to your Checkpoint Challenge, SMS it to 0488 7 AMBLE (0488 726 253)

Text the Question Code leave a space and add the answer letter.

For example: AJ2 B



REMEMBER THE RULES!

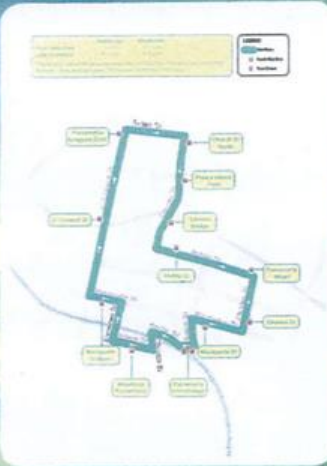
No running - it can be dangerous
No splitting your team up
You can walk, wheel chair or use the Shuttle Bus
Respect the sites

CHECKLIST

- Mobile phones fully charged
- Sufficient phone credit for submitting Checkpoint Challenges
- Bibs pinned to each Team Members' front
- Hats, sunscreen, sun glasses (or rain gear) - dress for the conditions and be prepared
- Bottles of water to keep hydrated along the way
- Comfortable walking shoes are a must
- Way-out costumes - give your team a chance to win the Fanciest Dressed Prize!



free PARRAMATTA shuttle



GOING MANUAL

What should I do if my mobile stops working?
Record your answers on each Checkpoint Challenge Card and hand them in at your LAST Checkpoint

THE PRIZES

- What your team could win -
- Highest Scoring Team Prize
 - Participating Team Prize
 - Best Costume Team Prize
 - Fundraising Prize
 - Various novelty prizes

POINTS SYSTEM

Points for Checkpoint Challenges are related to the distance from the starting point.

- Within the Green Circle - 10 points
- Within the Maroon Oval - 15 points
- Outside the Maroon Oval - 20 points
- Bonus Questions - 25 points



SPONSORS:



COSTUME ASSISTANT

Make & Design



AUSTRALIAN SAILING EXCHANGE

The Athlete's Foot

BAVARIAN BEER CAFE



Birthdays and Anniversaries



Douglas and Kaija Lam – 2nd April
Steve and Jean Baker – 9th April
Tony and Glenda Coote – 13th April



Maxx Bjorkqvist – 1st April
Helen Ballinger – 8th April
Colin Sharpe – 9th April
Gino Savio – 16th April

Never Argue with a Woman.

One morning, the husband returns the boat to their lakeside cottage after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out herself.

She motors out a short distance, anchors, puts her feet up, and begins to read a book. The peace and solitude are magnificent

Along comes a Fish & Game Warden in his boat. He pulls up alongside the woman and says, 'Good morning, Ma'am. What are you doing?'

'Reading a book,' she replies, (thinking, 'Isn't that quite obvious?')

'You're in a Restricted Fishing Area,' he informs her.

'I'm sorry, officer, but I'm not fishing. I am reading!'

'Yes, but I see you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up a ticket.'

'If you do that, I'll have to charge you with sexual assault,' says the woman.

'But I haven't even touched you,' says the Game Warden.

'That's true, but you have all the equipment. For all I know you could start at any moment.'

'Have a nice day ma'am,' and he left.

MORAL: Never argue with a woman who reads. It's likely she can also think.

from Stan!

CLUB PROGRAM – as at 26 Mar 2015 – updates to Peter Cleary please

Club Programme 2014-2015				
		Updated 26/03/2015 by PHC	Partners	Co-ordinator
Tues	24	Moving of Books from garages and containers etc. to Church carpark and setup	All	Andrew Little
Wed	25	Moving of Books from garages and containers etc. to Church carpark and setup	All	Andrew Little
Thurs	26	Moving of Books from garages and containers etc. to Church carpark and setup	All	Andrew Little
Fri	27	Book Sale - Uniting Church, New Line Road, Cherrybrook	All	Andrew Little
Sat	28	Book Sale - Uniting Church, New Line Road, Cherrybrook	All	Andrew Little
Sat	28	Book Sale "Post Mortem" Dinner	All	Andrew Little
Mon	30	No Meeting - R&R following Book Sale		
Apr-15		Magazine Month		
Sun	12	PRT Meeting 10am.		Barry Freeman
Mon	6	No Meeting - Easter Monday		
Weds	8	Club Board Meeting 7.15 for 7.30		Barry Freeman
Mon	13	Pre Anzac meeting - Peter Sweeney invited 16/06/2014 - Partners Night	Yes	Peter Cleary
Tues	14	Garage Sale Committee Meeting at Rosemarys		Rosemary
Sat	18	Friendship Dinners Start		Social Comm.
Sun	19	International Committee Project meeting and BBQ lunch	Optional	
Mon	20	Club Assembly	Optional	Peter Cleary
Sun	26	Bunnings BBQ Dural		Barry Lambert
Mon	27	Frontier Services- Help for the Outback NSW	Optional	Peter Cleary
May-15		Community Month		
Mon	4	Northwest Rail Link Update		Peter Cleary
Fri	8	Ronald McDonald House Dinner preparation		
Mon	11	Vocational Awards - Pride of Workmanship	Yes	Peter Cleary
Weds	13	Club Board Meeting 7.15 for 7.30 Combined current and incoming Boards		Barry Freeman
Thurs	14	Bowel Scan Sales commence at Cherrybrook Shopping Centre all through May		Barry Lambert
Sat	16	Weekend away- The social highlight of the year	Optional	Social Comm.
Sun	17	Weekend away- The social highlight of the year	Optional	Social Comm.
Mon	18	Looking for speaker	Optional	Colin Sharpe
Mon	25	Looking for speaker	Optional	Peter Cleary
Tues	26	Garage Sale Logistics meeting at Rosemarys		Rosemary
Sat	30	Bowel Scan Sales commence at Cherrybrook Shopping Centre all through May		
Sun	31	Salvation Army Red Shield Appeal		
Jun-15		Rotary Fellowship Month		
Mon	1	Victor Chang Speaker	Optional	Peter Cleary
Mon	8	No Meeting - Queens Birthday. Many Happy Returns!		
Weds	10	Club Board Meeting 7.15 for 7.30 Combined current and incoming Boards		Barry Freeman
Sat	13	Bowel Scan Sales commence at Cherrybrook Shopping Centre all through May		Barry Lambert
Mon	15	Garage Sale on Site meeting Traffic Management Plan		Tony Coote
Mon	15	Exchange Student's final presentation - Partners Night	Yes	Tony Coote
Sat	20	Club Changeover Dinner. The Madison, Dural	Yes	Barry Freeman,
Mon	22	No meeting following Changeover.		
Mon	29	Resucitation/ First Aid Training 3hour meeting	Yes	Peter Cleary

Rotary Club of West Pennant Hills and Cherrybrook – Club Positions

President	Barry Freeman	0414 400 100
Presidents Elect	Cawas Sahukar	0432 692 602
	Teresa Janowski	0459 761 123
	Tony Coote	0412 812 624
Past President	Clive Denmark	0400 425 210
Secretary	Jim Simpson	0439 465 725
Treasurer	Bob Davison	0413 008 574
Membership	Keith Ball	0478 599 155
Club Services	Douglas Lam	0419 421 659
Youth Services	Tony Coote	0412 812 624
Community Services	David Turnbull	0408 246 669
International	Cawas Sahukar	0432 692 602
Foundation	Ross Ballinger	0418 868 026
Vocational/Social Services Director	Colin Sharpe	0408 810 463
Fundraiser Director	Max Henderson	0404 020 985
Public Relations	Carol Russell	0418 431 157